



Sacramento RAC Regional Advisory Committee Agenda

Date	Tuesday, May 22, 2018
Time	11:00 a.m. - 2:00 p.m.
Location	SCDD Sacramento Office 2033 Howe Avenue, Ste. 160, Sacramento, CA 95825 (916) 263-3085
Call In Number	Listen only, call 1-303-785-9861, Participant pin 1580307 Please call the office 24 hours in advance to let us know if you plan to call in.

Pursuant to Government code Sections 11123.1 and 11125(f), individuals with disabilities who require accessible alternative formats of the agenda and related meeting materials and/or auxiliary aids/services to participate in this meeting should contact Sonya Bingaman at (916) 263-3085 or by email to: sonya.bingaman@scdd.ca.gov. Requests must be received by 5:00 p.m., May 16, 2018.

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| 1) | Call to Order, Chairperson, Karen Mulvany (FA) | 11:00 a.m. |
| | a. Welcome RAC Members & Introductions | |
| 2) | Approval of RAC Agenda, Karen Mulvany (FA) | (action) |
| 3) | Approval of RAC Minutes from March 27, 2018, Karen Mulvany (FA) | (action) |
| 4) | Brief reports from RAC members on issues in their counties (2-3 min.) | |
| 5) | Public Comment Period | |
| | This item is for members of the public only to provide comments and/or present information to the RAC on matters not on the agenda. Each person will be afforded up to three minutes to speak. Written requests, if any, will be considered first. | |
| 6) | Regional Center Report, ACRC Staff | |
| 7) | Statewide Self-Advocacy Network (SSAN) Report, Lisa Cooley (SA) | |
| 8) | Regional Office Manager's Report, Sonya Bingaman | |
| | a. A highlight of events, outreach, and State Plan activities in our 10-county area. | |
| 9) | Community Program Specialist's Report, Kathy Brian | |
| | a. A highlight of events, outreach, and State Plan activities in our 10-county area. | |

- 10) Local/Regional Public Health and Safety Needs Assessment – Group Discussion
- 11) Discuss Agenda items for next meeting, Karen Mulvany (FA) (action)
- 12) **Presentation on Preventing Abuse and Protecting Yourself!** By Robin Padilla, SAFE Hearts. *Damsel in Defense* is about Equipping, Empowering and Educating people to have the confidence to protect and defend themselves if a situation arises. She will also discuss the SAFE Hearts educational material which enables parents to have shoulder to shoulder kid-versations about difficult topics about protecting their hearts and bodies. And we can give input about how future publications/training materials can address the specific issues of individuals with intellectual and/or physical disabilities. 1:00 p.m.-2:00 p.m.
- 13) Adjournment – Karen Mulvany (FA)

Special Note: This is a public meeting, anyone is welcome to attend. Your input, comments, concerns, suggestions, are all welcome! We look forward to meeting you!





Regional Advisory Committee Minutes

DRAFT

Date	Tuesday, March 27, 2018
Time	11:00 a.m. - 2:00 p.m.
Location	SCDD Sacramento Office 2033 Howe Avenue, Ste. 160, Sacramento, CA 95825 (916) 263-3085

Unapproved

Members Present	Members Absent	Other Attending
Nancy Esparza (SA)	Elaine Linn (FA) (excused)	Carly Pacheco, FREED
Donnell Kenworthy (FA)	Brandy Boyd (FA) (excused)	Liam Lambert, FREED
Tyler Busselen (SA)	Jesana Tran (FA) (excused)	Jason Lindo, ACRC
Karen Mulvany (FA)	Debra van Hulsteyn (FA) (excused)	Lisa Beauchamp, NICU Family Alliance
Tony Biondi (SA)		Dave Taylor
Jane Taylor (FA)		Christopher Taylor
Tyson Whitman (SA)		Lisa Cooley, SSAN Rep.
Colleen Moss (FA)		Sandra Smith, SCDD Council Rep.
Joyce McNair (FA)		Doug Sales, SCDD Staff
Christine Hickey (FA)		Aaron Carruthers, SCDD ED
Glenda Servantes (FA)		Kathy Brian, SCDD Staff
		Sonya Bingaman, SCDD Staff

- 1) Call to Order, Chairperson, Karen Mulvany (FA) 11:00 a.m.
a. Welcome RAC Members & Introductions
- 2) Approval of RAC Agenda, Karen Mulvany (FA) (action)
1st Joyce McNair 2nd Jane Taylor
- 3) Approval of RAC Minutes from October 17, 2017, Karen Mulvany (FA) (action)
1st Chris Hickey 2nd Jane Taylor
- 4) Brief reports from RAC members on issues in their counties
Chris Hickey (Sutter):
 - May 12, FamilySOUP Annual Fundraiser – Garden Party
 - May 19, Yuba-Sutter area Walk and Roll event
 - June, iCanBike Camp

Joyce McNair (Sacramento):

- Self-Determination Advisory Committee meets every 2 months. Participation is welcome. Encourage letters of support for SDP to Centers for Medicaid Services to approve the Waiver. Statewide interest list has a large number of individuals from Alta's catchment area but efforts continue to get the word out.

Nancy Esparza:

- April 27, 4:30-7:30pm Studio 700 Art Show
- Selected to lead a session on "Being on a Board" at the Supported Life Self Advocacy Conference. Any input, stories, welcome.

Tyler Busselen:

- He was asked to be an Activities Assistant at Shriner's Hospital to help support children who have to spend the night there.

Jane Taylor (Nevada):

- Thanked Carly Pacheco, FREED for all her assistance and support recently. "She's been a life saver!"

Colleen Moss (Placer):

- Shared about a family with a 21 year old daughter who finished high school at 18 without a diploma and started attending Sierra College. She said ACRC will not provide assistance until she is 22 years old since the school district is still responsible during that time. She needs additional support in order to be successful at Sierra College. Concerns about the Transition process.

Glenda Servantes (Yuba):

- Shared that her son is 25 years old and she is happy to be in a position that she can volunteer time to an issue she is passionate about.

Donnell Kenworthy (Yolo):

- Involved with Yolo County CAC. They've organized trainings on CalABLE, Education Dashboard, Conservatorship, among others.
- On February 23, State Superintendent of Public Instruction Tom Torlakson announced that the California Department of Education (CDE) has released new guiding principles for teaching social and emotional skills, a tool to help educators ensure students have the skills they need for success in school, careers, and in the community. See CDE Social and Emotional Guidelines website at <https://www.cde.ca.gov/eo/in/socialemotionalllearning.asp>
- May 5th is the CAC Awards Night. The process of reviewing the applicants has been inspiring!
- Participated in Customized Employment workshop last week.

- Attended Family Voices Conference. Group of 8 parents from Project Leadership also met with California State Senator Dr. Richard Pan and Assemblymember Kevin McCarty.
- Attended The ARC/UCP's Public Policy Conference. Met with State Senator Dr. Richard Pan.
- Was involved with 2 trainings for faith based groups to include folks with IDD.
- Announced family retreat through Johnny and Friends

Karen Mulvany (El Dorado):

- Along with Sonya and the ACRC staff, continued working with El Dorado County Planners regarding housing opportunities for people with I/DD, particularly focusing on Accessory Dwelling Units. Presented written and oral comments to Board of Supervisors.
- Attended ACRC Purchase of Service racial and ethnic disparities meeting. Suggested that outreach slide presentation with narration be posted on the ACRC website to be available to those unable to physically attend meetings. Smartphone usage is 75-80% with little variation across racial and ethnic populations. Comments were well received.
- Attended The ARC/UCP's Public Policy Conference. Supporting efforts to advocate for legislation to reinstate social/recreational funding through the Regional Centers. Camp is important as a respite solution also, given lack of availability of Out of Home Respite. P. 118-119 of the current HCBS waiver authorizes respite from a camping services provider type in a camp location.
- Connected with some local parents who were referred to her from the Regional Center. They are seeking assistance with housing and employment supports.
- Attended NorCal Gathering on Person Centered Practices.
 - California Learning Community, COP (Community of Practice) has initiated a Facebook group and there will soon be a California page at www.tlcpcp.com where service providers can learn about successful implementations of person centered practice in compliance with new HCBS requirements.
- CalABLE delay in implementation.
- Median Rate: In July of 2017 ACRC changed how they reimburse median rate SLS vendors from monthly rate to an hourly rate. This is an improvement and will enable individuals with more intensive 24x7 needs to access median rate SLS agencies. ACRC is to be commended for taking this positive step.

5) Public Comment Period

- Sandra Smith, SCDD Council Representative for the Sacramento Region, thanked the RAC for their tremendous input and involvement with local activities.
- Lisa Beauchamp, NICU Family Alliance, provided a summary of the NICU Family Symposium last year and announced the event will take place this November 3rd. The event was a success and the Alliance is becoming a non-profit with plans to continue providing support to NICU families.
- Aaron Carruthers, SCDD Executive Director thanked the RAC for being so well informed and involved. He announced that Congress passed a spending plan which increases funding to Councils nationwide. Assemblymember Jim Frazier has set up a Select Committee on IDD composed of 11 committee members <http://assembly.ca.gov/intellectual-developmental-disabilities>. They will each be expected to be involved and bring forth legislation to improve the lives of people with IDD. SCDD has been named a technical advisor to the Committee. March has been declared National Developmental Disabilities Awareness Month.

6) Regional Center Report, ACRC Staff

- Jason Lindo reported:
 - Self-Determination Waiver has been submitted to CMS, hoping for response by mid-June. ACRC is preparing to begin the SD program in July. He is receiving 12-15 emails per day regarding SDP in the special email box that has been established. He has been able to answer many questions. Continuing to set up presentations on SDP to communities throughout ACRC's catchment area during the day, evening, and weekend hours.
 - Collaborating with APS/CPS to do outreach, develop an MOU, and do cross training twice a year. Some issues include: confidentiality, Special Incident Reports, Mandated Reporting, Adult Mortality Review. Completed in-services for emergency Response Unit. There is an extreme crisis in the availability of emergency placements.
 - There are 19 individuals at Sonoma Developmental Center still slated to move to ACRC's catchment area. Of these, 11 are transferring in from other regions. There may be extra specialized beds available (after all the placements are made) for individuals currently living in the community or with their families.

7) Statewide Self-Advocacy Network (SSAN) Report, Lisa Cooley (SA)

Will attend the March 28-29 SSAN meeting in Sacramento. Topics will include, employment, day program vendorization process at the regional centers and mock job interview practices. She also recently participated in a Self-Determination workgroup call.

- 8) Regional Office Manager's Report, Sonya Bingaman
 - a. A highlight of events, outreach, and State Plan activities in our 10-county area provided in writing.
 - b. Summarized First Responder, Cadet, and Community Care Licensing Trainings over past year.
 - c. Shared information about Voter's Choice Act in Sacramento County.
 - d. Shared information about local efforts to develop publication on Inclusion through Sacramento News & Review, where additional funding is needed, especially to expand distribution to Sacramento, El Dorado, Placer, and Yolo County newspapers.
 - e. Shared situation of "special" prom and scenario of assisting student with special needs to participate in "after prom" event. Offering support for full inclusion approaches was successful.
- 9) Community Program Specialist's Report, Kathy Brian
 - a. A highlight of events, outreach, and State Plan activities in our 10-county area provided in writing.
- 10) Local/Regional Housing Needs Assessment Input
 - a. SCDD should endorse the Veterans and Affordable Housing Bond Act
 - b. Housing Choice (Section 8) Voucher process and paperwork should be streamlined for people with I/DD.
 1. Eliminate requirement for on-site visit to an office to secure or renew a voucher.
 2. People with I/DD should be prioritized for Housing Choice vouchers.
 3. Use some of the state surplus for state-funded Housing Choice vouchers earmarked for I/DD
 4. Note: there have been a number of prior stories shared in the RAC about people with I/DD who lost out on Section 8 housing opportunities because of limited or delayed access to transportation or supports.

- c. There is a widespread belief that the housing needs of people with I/DD are taken care of, and their needs are less pressing than those of the homeless. We must ensure that the legislature is fully educated:
 - 1. Even though people with I/DD in the regional center system are entitled to authorized benefits, when these benefits are not available, they go without the services they need, including housing.
 - 2. While people in the regional center system are entitled to a complete community housing and living solution (housing, food and care) if they chose to live in a licensed and vendored residential facility, these only house 10% of regional center consumers statewide, are often unavailable in an individual's local community, are widely unavailable for people with more severe disabilities, and face growing pressures due to changing HCBS requirements.
 - 3. With the scarcity of affordable housing, people with I/DD cannot finance independent living on an SSI/SSP budget any better than a homeless person can.
- d. Accessory Dwelling Units:
 - i. Require that any type of ADU (attached or detached, or junior) have a separate physical address
 - ii. Waive the state owner-occupancy requirements for properties with ADUs if:
 - a. A resident of the property is a beneficiary of a special needs trust that owns the property in whole or part
 - b. A resident of the property is a licensee or administrator of a licensed residential facility located on the property and all units on the property are the contractual responsibility of the licensee or administrator, respectively.
 - c. The property is owned by a nonprofit housing organization, land trust, or public housing agency.
- e. Mandate set-asides for residents with I/DD in any affordable housing project
- f. Families who provide housing and ongoing supports to a disabled family member need pre-planned transition solutions for when the family member provider becomes disabled or is expected to soon pass away:
 - i. (Note: SLS is not available to people with I/DD who live with parents or conservators, which leads to severe challenges upon the approaching death or disability of the parent/conservator)
 - ii. Solutions that enable other family members to assume oversight duties while rapidly initiating or continuing SLS are needed
 - iii. Funding to help families create ADUs is needed

- 11) Topics for next meeting:
- a. Self-Determination refresher
 - b. Training on people with IDD, how to protect themselves from abuse/neglect. How to empower them to protect themselves.
 - c. Accessing and Building Volunteer Opportunities in local communities for people with I/DD
 - d. Think Transition – Steve Ruder
 - e. Transition Process from high school to post-secondary education or employment
- 12) Inclusion Discussion (continued): If I'm Special, So Are You: What Does Real Inclusiveness Look Like, Liam Lambert, Carly Pacheco (FREED)
- 13) Adjournment – Karen Mulvany (FA) 2:00 p.m.

VOTING



Make a motion

**"I
MOVE"**

A line drawing of a man in a suit and glasses, sitting at a desk and gesturing with his hand as if making a motion.

2nd the motion

**"I
SECOND"**

A photograph of a hand with all five fingers extended, representing the gesture for seconding a motion.

Discussion

A line drawing of three people sitting around a table, engaged in a discussion.

All in favor

A photograph of several hands raised, indicating a vote in favor.

All opposed

A photograph of a hand with the thumb pointing down, indicating opposition.

Abstain

A photograph of hands raised, with a large red prohibition sign (a circle with a diagonal line) overlaid, indicating abstention.

Announce results

A line drawing of a man in a suit running and shouting into a megaphone, announcing the results.

College Students and Professionals with Disabilities

Video Library

*short videos featuring adults who have developmental disabilities
discussing their college and work experiences,
and the strategies and supports that help them to be successful.*

If you are in college or are thinking about going to college you can get tips about:

- Disabled Student Programs and Services (DSPS)
- Self Advocacy Resources
- Flexible Accommodations for Changing Needs
- Certificate Programs
- Extended Opportunity Programs and Services (EOPS)
- Transportation to College
- Assistive Technology
- Trade School
- Preparing for the Start of a New Semester
- Grad School and the Impact of Fellowships on SSI

If you want to work or need more support at work you can learn about:

- Using Technology for Job Support
- Getting a State Job
- Self Determination Program to Gain Job Skills
- The Discovery Process
- Using a Person-Centered Plan to Get Job Support
- Transportation to Work
- Visual Supports
- Role of Job Coach
- Having Your Own Small Business
- Careers in Advocacy, Art, Performing



Visit our YouTube channel:
“College Students & Professionals with Disabilities”



Find us on Facebook: “College Students & Professionals with Disabilities, Sacramento Region”



This video library is a project of the Supported Life Institute



Funded by the California State Council on
Developmental Disabilities, Sacramento Office



WHAT IS SELF-DETERMINATION

Adults with disabilities or families of children with disabilities, with the support of family, friends, and professionals whom they trust, taking charge of their own futures by gaining control over the services, supports and resources that they need. You decide what services you'd like and who should provide them. Additionally, Self-Determination is voluntary.

How does it work? You are given an INDIVIDUALIZED BUDGET

The law says that individualized budgets must be determined fairly and that everyone must be treated the same way. The law also says that Self-Determination will be phased-in over three years. The amount of money spent on services for the previous 12 months will be the amount of money you get for your Individualized Budget. The budget will be good for one year and it can be adjusted for reasons such as a change in circumstances or unmet needs. A new Individual Program Planning (IPP) will be needed to reflect the change and document any budget adjustment.

A person-centered plan is written with the help of a FACILITATOR

A Facilitator is someone you hire to help you. Hiring a facilitator is *optional*. You pay for the Facilitator out of your budget, but you can get a facilitator for free if you have a family member or friend willing to take on that task – but they have to be trained and qualified. Your Facilitator helps you find the services and support you need. Some of your supports will be free and come from your family, friends, and other people you know. Some of your services will be paid for out of your budget. Your Facilitator helps you find and hire the right people to support you and to decide how much they should be paid. The Facilitator makes sure everyone you hire is qualified and that you don't spend more money than you have in your budget.

The money in your budget is sent to a FINANCIAL MANAGEMENT SERVICE

YOU CHOOSE THE FMS. When your plan is finished and your services and supports are in place, the regional center sends the money in your budget to a Financial Management Service, or FMS. The money is given to the FMS to protect you from having to pay taxes and from being sued. The FMS takes care of paying taxes and insurance and makes sure the people working for you don't have criminal records. The FMS does not tell you how to spend your money. The FMS keeps your money safe and pays the people you hire. The FMS keeps track of how much you spend.

When can people get Self-Determination?

Self-Determination will not be available until California gets a FEDERAL WAIVER

Getting a federal waiver allows the state to get back some of the money spent on Self-Determination services. The state has already applied once. Another version of the waiver will be submitted soon. After the waiver is approved regulations will be written.

What can people do now?

Let your service coordinator know that you want Self-Determination and have it put in your IPP. The Department of Developmental Disabilities (DDS) is responsible for applying for the federal waiver. You can receive updates from www.dds.ca.gov/sdp/ and actively participate in the Self-Determination Advisory Committee meetings at your regional center. In the near future, it is expected that regional centers will hold "pre-enrollment information meetings". *Individuals interested in participating in the Self-Determination Program will be required to attend these meetings.* Afterwards, individuals may add their name to a list of those interested in Self-Determination, which will be sent to DDS. DDS will then randomly select who shall participate in Self-Determination during the roll out of the program for the first three years.



Self-Determination

State Council on Developmental Disabilities

Governor Brown signed Self-Determination into law, so everyone receiving regional center services will be able to choose Self-Determination, if they want. It gives you the chance to choose the services and supports that help you have the kind of life you want! This service will not start until California gets federal approval. Once it starts, it will be phased in slowly for three years, and then opened to everyone. If you want Self-Determination, tell your service coordinator or case manager. See fact sheet.

www.scdd.ca.gov/self-determination/

Department of Developmental Services

The Self-Determination Program, which will provide consumers and their families with more freedom, control, and responsibility in choosing services and supports to help them meet objectives in their Individual Program Plan. This site is designed to allow those interested to follow the progress and learn more about Self-Determination as the program moves toward implementation.

<https://www.dds.ca.gov/SDP/>

Alta California Regional Center (ACRC)

If you are interested in this program and would like to add your name to the list, please contact your ACRC Service Coordinator.

<http://www.altaregional.org/self-determination-program>

Competitive Integrated Employment (CIE)

Overview



CIE Includes:

- Work in an integrated setting
- Minimum wage or above
- Employee benefits and equal promotional opportunities

Agencies mandated to assist individuals to achieve CIE include:

- School Districts, CA Dept. of Education (CDE)
- Regional Centers, CA Dept. of Developmental Services (DDS)
- CA Department of Rehabilitation (DOR)

Regional Centers assist individuals with CIE by securing services and supports to maximize opportunities and choices for living, working and recreating in the community:

- ❖ Supported Employment
- ❖ Independent Living Skills
- ❖ Vocational Education
- ❖ Self-employment resources
- ❖ Mobility training and related transportation services to assist in achieving CIE

Settings that are *NOT* CIE:

- Day Programs that typically provide non employment-related services during the day, commonly in segregated settings
- Work Activity Centers/Sheltered Workshops that typically take place in a segregated setting and offer compensation below minimum wage
- Enclaves (segregated group employment) settings that typically pay less than minimum wage

What is the Competitive Integrated Employment (CIE) Blueprint?

Launched in 2014, finalized in 2017, the CIE blueprint was prepared by the CA Dept. of Education, CA Dept. of Rehabilitation, and the CA Dept. of Developmental Services. The Blueprint is the result of the commitment between the three departments to provide opportunities for Californians with I/DD, regardless of the severity of their disability, to prepare for and participate in CIE.

The Blueprint addresses the following areas:

- Expanding joint information sharing
- Coordinating efforts across the three systems to utilize existing resources more effectively
- Increasing collaboration between departments at the state level, and entities at the local level, to better plan, implement, and evaluate services to increase competitive integrated employment
- Increasing participation of individuals with I/DD in the California workforce development system
- Improving business partner engagement with regard to hiring individuals with I/DD in both the public and private sectors
- Offering individuals, their support network, and business partners, information and technical assistance related to CIE

Competitive Integrated Employment Resources

- Competitive Integrated Employment Blueprint: [http://www.chhs.ca.gov/Pages/Competitive-Integrated-Employment-\(CIE\).aspx](http://www.chhs.ca.gov/Pages/Competitive-Integrated-Employment-(CIE).aspx)
- WIOA: <https://www.doleta.gov/wioa/>
- Disability Benefits 101: <https://ca.db101.org/>
- Rehabilitation Services Administration (RSA)
- CECY: <https://www.semel.ucla.edu/tarjan/cecy>
- U.S. Dept. of Labor's Office of Disability Employment Policy: <https://www.dol.gov/odep/>
- LEAP Certification: <http://www.dor.ca.gov/LEAP/index.html>
- Diversity Inc. Top 50 List: www.diversityinc.com/the-diversityinc-top-50-companies-for-diversity-2017
- National Center on Workforce and Disability: <http://www.onestops.info>
- Think Beyond the Label: www.thinkbeyondthelabel.com
- SCDD's Employment Data Dashboard: https://scdd.ca.gov/employment_data_dashboard/
- Job Accommodation Network: <https://askjan.org>
- Contact your local State Council on Developmental Disabilities Regional Office:
Sacramento Regional Office (916) 263-3085